

Among Friends

June 2015

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

AS WE SAY GOOD-BYE...

We will be saying "Good-Bye" to our Mayo School third grade Pen Pals on **Thursday, June 4** from

1:30-2:30 p.m. here at the Senior Center. A very big thanks goes to the Friends of the Holden Council on Aging for sponsoring the busses to bring the children here and for providing what we know will be delicious refreshments. **SENIOR PEN PALS** - If you cannot attend the Pen Pal Farewell Party, please call the Senior Center at 508-210-5570 so that we can arrange for another Senior to sit with your student.



HAPPY FATHERS' DAY FROM HCOA & HFD!

The only thing better than a hearty breakfast is a hearty breakfast for lunch! We cordially invite you to a Fathers' Day "breakfast lunch" on **Wednesday, June 17 at 12:00 p.m.** Come enjoy pancakes, sausage, bacon, fresh fruit, coffee and juice. The gentlemen will be our guests. We ask the ladies to purchase their lunch for \$4.00. Reservations are **required** and can be made by calling 508-210-5570. Our guest speaker for this event will be Lt./EMT David Chapin who will speak about cooking safety, home O-2 use and the importance of having and knowing your escape plan. We hope you'll join us for this delicious breakfast/lunch and informative presentation.

LAUGHTER IS TRULY THE BEST MEDICINE

Think Burns and Allen. Coming to Holden, on **Wednesday, June 10 at 1:00 p.m.**, Mabel and Jerry will present a hilarious comedy show geared for seniors. This professional performance has been given at many senior centers in New England, including the Pioneer Valley Summer Theatre. This event is made possible by a grant from our Local Cultural Council. Call 508-210-5570 for a reservation.



WORLD ELDER ABUSE AWARENESS DAY...

... is Monday, June 15. We will be observing it on **Friday, June 12** when we host representatives from Elder Services of Worcester Area, Inc.'s Protective Services Department. They will be here at **12:00 p.m.** They will have a table of information and will be happy to talk to anyone, if they have questions or concerns.





UPCOMING TRIPS



Fri., June 19 ... Boston Overview Tour ... Join us for a great day in Boston. On this trip, we will visit the Skywalk Observatory at the Prudential Center for a beautiful look at Boston from above, get the grand tour of Boston on the world famous amphibious Duck tour, visit Faneuil Hall for a glimpse of history and enjoy the shopping, street performances and food at Quincy Market. Lunch will be on your own. Depart at 8:00 a.m. and return approximately 6:00 p.m. Cost of this trip including Deluxe Motor Coach; Skywalk Observatory; Duck Tour; Faneuil Hall; Quincy Market; Taxes and Gratuity is \$70.00 per person. Final payment is due by June 5th. Please note this correction: The cost of this trip is \$70.00 which DOES NOT include a food voucher as previously advertised. Lunch at Quincy Market is on your own. We are sorry for any inconvenience.

Wed., July 15 ... Lake Winnepesaukee Cruise & Castle in the Clouds ... Our trip includes: A Cruise on Lake Winnepesaukee: While sailing aboard the Doris E., we'll enjoy a scenic tour out of Weirs Beach. The Doris E. provides scenic touring of the smaller islands adjacent to Weirs Bay. You'll be totally immersed in the spectacular scenery of the Western end of Lake Winnepesaukee. Lunch at The Lakehouse, Meredith, NH: This delightful restaurant offers a unique, attentive dining experience in an Adirondack-style setting with sweeping views of Meredith Bay on Lake Winnepesaukee. Your luncheon meal choices are: Baked Scrod, Grilled Boneless Chicken Breast or Roast Pork Loin. Also included: Salad, Potato, Vegetable, Dessert, Coffee/Tea. Visit to Castle in the Clouds: Bring your friends and family and come up to the Castle. Enjoy truly breathtaking views from this spectacular turn-of-the-century sixteen-room Arts & Crafts mansion perched high on a pristine 4400 acre mountaintop estate overlooking Lake Winnepesaukee! Cost of this trip is \$99.95/person, which includes: transportation, luncheon, cruise, admission to Castle in the Clouds. *Please make checks payable to Friends of HCOA.* Final payment is due June 24th. *...And remember, if you cancel and we are able to fill your seat(s) you will be reimbursed.*

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE as we have other events taking place at the Senior Center during the day.



COMING FOR LUNCH?

If you'd like to come to the Senior Center for lunch, you are asked to make a reservation **two (2) days prior** to the day you wish to attend. You can make reservations by calling Sue at 508-210-5578 between the hours of 9:00 a.m. and 1:00 p.m. OR you can call Elder Services of Worcester at 508-852-3205 and ask to speak to someone in Nutrition. If you call the Worcester phone number, please remember to tell them you want to eat at the Holden site or you will automatically be placed on the Worcester Senior Center's reservation list. The Holden Senior Center Staff will **NO LONGER** take messages for daily lunch reservations, so be certain to avail yourselves of one of the two methods described above.

POKER ANYONE...?

We invite all poker players to join us on Friday mornings at 10:00 a.m. Come enjoy being social, making new friends as well as a fun game of poker. No reservations necessary - just come join in!



SHINE COUNSELOR
Monday, June 1 and Monday, 15
BY APPOINTMENT ONLY



JUNE CHAIR YOGA

Jump into June...with these amazing yoga classes. June 2... Posture & Flexibility; June 9... Strength and Confidence; June 16... Focus and Concentration; June 23... Energize and Empower; June 30... Stretch and Restore.



© Can Stock Photo

"Minimizing Pain and Enhancing Vitality into Your Nineties"

Dr. Karen Clickner is a Nationally Registered Naturopathic Physician with 30 years of experience working with more than 12,000 patients. She has treated more than 150 conditions and has been recognized for her work with Lyme Disease and Adrenal Fatigue. She will be here at the Senior Center on **Monday, June 8 at 1:00 p.m.** to offer a program entitled Minimizing Pain and Enhancing Vitality into Your Nineties. The program is free and open to everyone. Please reserve your seat by calling 508-210-5570.

FREE LEGAL CLINIC

Attorney Arthur Bergeron from Mirick O'Connell will be available on **Monday, June 22** from **10:00 a.m. until 12:00 noon** for 15 minute appointments to answer any legal questions or concerns you may have. Appointments are **required** and can be made by calling 508-210-5570.



Holden Firefighters



Local 4557

LUNCH FOR HOLDEN ELDERS ONLY!

The Holden Professional Firefighters will be sponsoring a Spaghetti and Meatball luncheon for Holden Elders Only on **Wednesday, June 24** at 12:00 Noon. Some of Holden's bravest will be here to prepare and serve lunch and certainly would be happy to answer any questions about the department or safety concerns you may have in your home. Reservations are **REQUIRED** and must be made by calling the Senior Center at 508-210-5570. (Please **DO NOT** call the fire station to make your reservation.)

PIZZA PARTY

Join us for pizza, salad and dessert on **Wednesday, July 15 at 12:00 p.m.** Cost for lunch will be \$2.50. Reservations are **REQUIRED** and can be made by calling Sue at 508-210-5578.

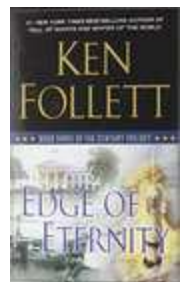


BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m.** on **Thursday, June 18** to discuss the book, The Edge of Eternity by Ken Follett. Edge of Eternity, the finale, covers one of the most tumultuous eras of all: the 1960's through the 1980's, encompassing civil rights, assassinations, Vietnam, the Berlin Wall, the Cuban Missile Crisis, presidential impeachment, revolution—and rock and roll.

East German teacher Rebecca Hoffman discovers she's been spied on by the Stasi for years and commits an impulsive act that will affect her family for generations... George Jakes, himself bi-racial, bypasses corporate law to join Robert F. Kennedy's Justice Department and finds himself in the middle of not only the seminal events of the civil rights battle, but also a much more personal battle... Cameron Dewar, the grandson of a senator, jumps at the chance to do some espionage for a cause he believes in, only to discover that the world is much more dangerous than he'd imagined... Dimka Dvorkin, a young aide to Khrushchev, becomes an agent for good and for ill as the Soviet Union and the United States race to the brink of nuclear war, while his twin sister, Tania, carves out a role that will take her from Moscow to Cuba to Prague to Warsaw—and into history.







These characters and many others find their lives inextricably entangled as they add their personal stories and insight to the most defining events of the 20th century. From the opulent offices of the most powerful world leaders to the shabby apartments of those trying to begin a new empire, from the elite clubs of the wealthy and highborn to the passionate protests of a country's most marginalized citizens, this is truly a drama for the ages.





JUNE 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shine BY Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Roast Pork w/Gravy 1:00 Friends Meeting	2 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Shepherd's Pie 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	3 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Bacon Omelet 1:00 Pitch Party	4 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch Chicken Cacciatore 1:00 Bridge 1:30 Pen Pal Party	5 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Sweet Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
8 8-4:00 Billiards 12:00 Senior Lunch Chicken Mornay 1:00 Dr. Karen Clickner 	9 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Alaskan Salmon/Dill 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	10 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Turkey a La King 1:00 Pitch Party 1:00 Mabel & Jerry 	11 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch Pork Rib-i-que 1:00 Bridge	12 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Swedish Meatballs ESWA Protective Services 1:00 Cribbage 1:15 Spring Chicken Fitness 
15 Shine BY Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Macaroni & Cheese	16 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	17 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Father's Day Breakfast/Lunch 1:00 Pitch Party  	18 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch Meatloaf 1:00 Bridge	19 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Cracker Crumb Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
22 8-4:00 Billiards 10-12:00 Legal Clinic 12:00 Senior Lunch Garlic Herbed Chicken 	23 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Stroganoff 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	24 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 HFD Senior Lunch Spaghetti & Meatballs 1:00 Pitch Party 	25 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 ArtIs4Every1 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Bridge	26 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Eggplant Parmesan 1:00 Cribbage 1:15 Spring Chicken Fitness
29 8-4:00 Billiards 12:00 Senior Lunch Beef & Broccoli	30 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	Pen Pal Farewell Party Thursday, June 4  1:30-2:30 p.m.	SOLOMON POND MALL SHOPPING TRIP Thursday, June 18 10:00 a.m. - 1:00 p.m. <u>RESERVATIONS REQUIRED</u> 	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE

COMING IN JULY & AUGUST ...



July 15 ... Pizza Party

July 20 ... Wachusett Community Band Concert



August 3 ... Back by popular demand
ZENTANGLE!

FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

SOLOMON POND MALL SHOPPING TRIP

We will be taking our town van to the Solomon Pond Mall on **Thursday, June 18**. We will leave the Senior Center Parking Lot at 10:00 a.m. and return from the mall at 1:00 p.m. Cost for transportation is \$5.00 and reservations must be made, as there are a limited number of seats. Please call Naomi at 508-210-5573 to make your reservations or if you have questions.



CALLING ALL MEMBERS - WRHS CLASS OF 1965

The Wachusett Regional High School Class of 1965 will hold a 50-year reunion at 6:00 p.m., Saturday, September 19 at Val's Restaurant, 75 Reservoir St., Holden. For more information, contact Tom Dresser at [508-693-1050](tel:508-693-1050) or by email at thomasdresser@gmail.com, Gail Johnson Mannila at [617-552-5153](tel:617-552-5153) or by email at gmannila@verizon.net, or Wendy Morrison Kempland at [413-214-8401](tel:413-214-8401) or by email at w_kempland@yahoo.com. Send email addresses to 65wrhs@gmail.com and visit "Wrhs65" on Facebook.

CHAIR CANING



A chair caning class will be offered at the Rutland Council on Aging, 53 Glenwood Road. Learn this fine art or participate even if you already know how. Bring a project or work on a project for someone else. The classes are held Tuesdays from 9:30 a.m.-11:30 a.m. If you're interested and would like to register, call the Rutland Senior Center at 508-886-7945. An initial start-up fee for tools is \$25.00. Project based pricing for materials is applied.

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Return Service Requested

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Friends of the Holden COA
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